

## Swimming

# Winter Swimming

The City of Huntington Beach is pleased to offer a complete Winter swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are well trained and enthusiastic. The swim courses follow the American Red Cross standards. Classes are offered to ages six months through adult and teach skills from water adjustment through lifeguarding techniques. All classes, except Lap Swim, are held at the City Gym and Pool located at 1600 Palm Ave. Classes consist of ten lessons unless otherwise specified.

**Fee: All Classes are \$45 per 10 class session unless otherwise noted.**  
**No class January 17 and February 21.**

## SWIM LEVELS

**Parent/Child (P&M):** 6 months-3 years. Promotes comfort, safety and enjoyment in and around the water. One adult per child.

**Tiny Tot (TT):** 3, 4, and 5 years. Introduces swimming and water safety skills to children of preschool ages.

**Level 1 (L1):** Water Exploration: Ages 6 and up. Builds confidence and develops safety skills in and around the water for children with little or no prior swim instruction.

**Level 2 (L2):** Primary Skills: Ages 6 and up. Students are introduced to the front and back crawl.

**Level 3 (L3):** Stroke Readiness: Must hold Level 2 certificate or have equivalent skills. Students refine the front crawl and the back crawl and are introduced to the butterfly-kick.

**Level 4 (L4):** Stroke Development: Must hold Level 3 certificate or have equivalent skills. Students will be introduced to the breast-stroke, elementary backstroke, and butterfly.

**Exceptional Swim:** Designed to allow participants with any disability. This is supervised, non-instructional swim time.

**Adult Lessons:** Adults will improve swimming skills and learn new skills.

### Adapted Swim Lessons:

Swim lessons for all special needs children ages 3-22. All abilities and behaviors welcome! Water temperature averages 90 degrees and experienced staff will guide your students through water movement. Parent/Student interview required for new students.

### Swim Level Testing

Have your child tested for swim level placement. Please call the City Gym and Pool at 714-960-8884 to schedule an appointment during these hours:

<b>Monday, December 6</b>	<b>7-8pm</b>
<b>Wednesday, December 8</b>	<b>7-8pm</b>

### Senior Citizen Swim

The senior citizens have a special afternoon all to themselves at the City Pool. Come and enjoy a heated pool.

<b>City Gym Pool</b>	<b>3:30-5pm</b>	<b>F</b>	<b>\$2</b>
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## Parks & Recreation...

# "Build Strong Bodies"

...The Benefits Are Endless

# Swimming

## WINTER 2011 SWIM SCHEDULE

**Fees: \$45 per 10-class session unless otherwise noted.**

**All classes held at City Gym and Pool, 1600 Palm Ave.**

**All lessons are one-half hour. No class January 17 and February 21.**

Time	Mon/Wed 1/10-2/14	Tues/Thurs 1/11-2/10	Mon/Wed 2/16-3/23	Tues/Thurs 2/15-3/17	Saturday 1/15-3/19
8:00					8502.105 L1
8:30					8503.106 L2
9:00					8501.135 TT
9:30	8501.101 TT	8501.109 TT	8501.118 TT	8501.126 TT	8501.136 TT
10:00	8501.102 TT	8501.110 TT	8501.119 TT	8501.127 TT	8500.107 PM
10:30	8500.101 PM	8500.102 PM	8500.104 PM	8500.105 PM	8501.137 TT
11:00	8501.103 TT	8501.111 TT	8501.120 TT	8501.128 TT	8500.108 PM
11:30		8501.112 TT		8501.129 TT	8501.138 TT
12:00		8501.113 TT		8501.130 TT	8501.139 TT
12:30					8504.104 L3 8505.103 L4
2:00	8501.105 TT	8501.114 TT	8501.122 TT	8501.131 TT	
2:30	8501.106 TT	8501.115 TT	8501.123 TT	8501.132 TT	
3:00	8501.107 TT	8501.116 TT	8501.124 TT	8501.133 TT	
3:30	8502.101 L1	8502.102 L1	8502.103 L1	8502.104 L1	
4:00	8503.101 L2	8503.103 L2	8503.104 L2	8503.105 L2	
4:30	8503.102 L2	8504.101 L3	8504.102 L3	8504.103 L3	
5:00		8505.101 L4		8505.102 L4	
5:30		8500.103 PM		8500.106 PM	
6:00		8506.101 Adapted Swim \$150		8506.103 Adapted Swim \$150	
6:30	8501.108 TT	8506.102 Adapted Swim \$150	8501.125 TT	8506.104 Adapted Swim \$150	
7:00		8501.117 TT		8501.134 TT	
7:00-8:00	Recreation Swim \$2		Recreation Swim \$2		
7:30		8507.101 Exceptional Swim \$18		8507.102 Exceptional Swim \$18	
8:00	Adult Fitness 8-8:30PM \$2	8508.101 Adult Lessons 8-8:30PM \$2	Adult Fitness 8-8:30PM \$2	8508.102 Adult Lessons	